



# HC Community Center

October 2012

## ARE YOU INTERESTED IN?...

### HOURS OF OPERATION

Monday	9-8
Tuesday	9-8
<b>CLOSED— Wednesdays</b>	
Thursday	9-8
Friday	9-5
Saturday	10-6
Sunday	1-5

### \* NEW POOL HOURS!

New lights have now been installed in the natatorium and we are able to keep our pool open later!

#### Pool Hours:

M, T, TH: 9am to 8pm  
Wednesdays—**CLOSED**  
Friday: 9am to 5pm  
Saturday: 10am to 6pm  
Sunday: 1pm to 5pm

### SWIMMING LESSONS:

Are you interested in learning how to swim or having your child learn how to swim? The HC Community Center is looking into offering swimming lessons for non-swimmers through advanced swimmers, children to adults!



### ARTHRITIS FOUNDATION AQUATIC PROGRAM:

The Arthritis Foundation Aquatic Program is a warm-water exercise program shown to reduce pain and improve overall health. Suitable for every fitness level, these classes are held in a friendly and supportive environment that encourages social interaction among participants. Led by a certified instructor, this one-hour class meets for six weeks, 2 to 3 times per week and is designed to be a fun, safe way for people with arthritis and other mobility concerns to exercise and stay fit.



### EXTENDED HOURS:

We are considering opening early a couple of days a week. Let us know what days and hours would best suit your schedule for the Community Center to open early.



### LET US KNOW!

Call the HC Community Center @ 706-488-0000 or visit the HC Rec Dept's website at [www.recreation.harriscountygva.gov](http://www.recreation.harriscountygva.gov) click on the Contact Us button & let us know what programs/classes you want!

## Tai Chi for Health

### Tai Chi for Health

**Classes** - Sun Style Tai Chi for Health classes will be held at 6:30pm on Tuesday evenings beginning October 9th. This is a 6-week course; the fee is \$50 with discounts for those



who have taken the class before, members of the same household and fire, safety and military personnel.

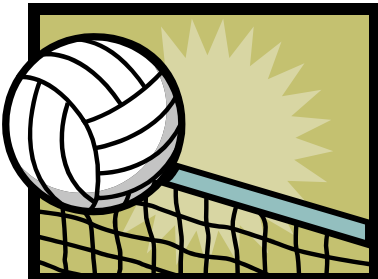
For More Info:

Call Lynn Norris at (706) 596-0155 or call the HC Community Center at 706-488-0000 to register.

**Deadline to register is Friday, October 5th.**

## Volleyball is Here!

The Harris County Community Center will be offering monthly volleyball sessions and match play for males & females ages 8 to 18 and for adults through Match Point Athletics. Sessions will be once a week for 2 hours every Sunday **beginning October 14th** from 5 to 7pm.



**Ace Volleyball Program:** \$150 per month includes 8 hours of instruction, drills, game play, t-shirt, conditioning program, tournament opportunities, facility use, equipment use, 10% off first club season when started \*\$30 registration – One time yearly fee on anniversary date of registration. This program is for all those who want to go beyond just skill introduction and development. Total Development is incorporated into every session. Total Develop-

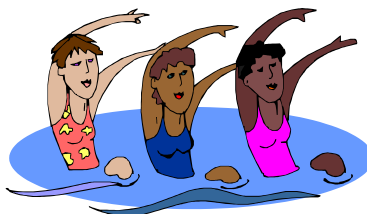
ment includes Character Education, Skill Mastery, and includes an Age-Appropriate Strength and Condition Program. This program is offered year round.

For more information, contact Gary Johannes at [matchpointathletics@gmail.com](mailto:matchpointathletics@gmail.com) or visit Match Point Athletic's website at [www.leaguelineup.com/matchpoint](http://www.leaguelineup.com/matchpoint)

## Aqua Zumba

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together

into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.



### Aqua Zumba Classes

**WHEN:** Mondays @ 6:00pm and Thursdays @ 9:00am

**COST:** \$5 per class

### **FOR MORE INFO:**

Contact April Loftin @ 706-594-5595 or [april.loftin@wirelesshometown.com](mailto:april.loftin@wirelesshometown.com)

## "Stop saying "I wish. Start saying "I WILL!"

Schedule some time with a personal trainer at the HC Community Center!

Kelsey has a BS in Exercise Science from North Georgia College and State University and is a Certified Personal Trainer through the NCCPT with two years of experience (Sports, elderly, etc.)

Contact Kelsey Webb at 706-587-7073 or [Kelsey.webb21@gmail.com](mailto:Kelsey.webb21@gmail.com) for more information.

### **COST:**

30 minute sessions—\$20 per session

Group (3-5 people) 1-hour sessions—\$20 per person, per session



**Personal Training with  
Kelsey!**

ZUMBA FITNESS®.



MOVING THE WORLD TO A NEW BEAT.

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

form a "fitness-party" that is downright addictive.

**WHEN:** Wednesdays at 6:30pm.

**COST:** \$5 per class.

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to

**For More Information:** Contact April Loftin @ 706-594-5595 or [april.loftin@wirelesshometown.com](mailto:april.loftin@wirelesshometown.com)



## Birthday Parties? Baby Showers? Meetings?

Looking for somewhere to hold a birthday party? Your group's next meeting? A baby shower or wedding shower? We've got the place for you!

**Pool Event Area:** (fenced off area in natatorium—pool area with 3 picnic tables) \$15/hour 2 hour max.

**Classroom:** \$50/hour 4 hour max.

**Meeting Room:** (meetings only, no food/drink allowed) \$35-\$60/hr 4 hour max.

Rental of these rooms/spaces does not include use of the facility. Non-members must pay a \$5 daily guest pass and be a guest of a member.

Contact the HC Community Center to reserve a room today!

706-488-0000



## CONTACT INFO:

### HC Community Center

706-488-0000

706-488-0002—fax

7509 GA Hwy. 116

Hamilton, GA 31811



### HC Recreation Department

**Director**—John Magazu

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**Assistant Director**—Ashley Marston

[amarston@harriscountytga.gov](mailto:amarston@harriscountytga.gov)

### Website:

[www.recreation.harriscountytga.gov](http://www.recreation.harriscountytga.gov)